

THE GROVE SPA

& BOUTIQUE

Facial Filler Post-Treatment

Please follow this care plan closely in order to see the best results.

On the day of your treatment:

- There may be redness, swelling and bruising near the injection sites. Avoid itching, rubbing or touching the area. This is normal and generally disappears within a few days.
- Avoid alcohol and strenuous exercise for 48 hours after your treatment as it can increase the amount of bruising and swelling. If bruising does occur, or you bruise easily, Arnica, an over the counter natural medication can be used. Tylenol and cold compresses can also be used to minimize discomfort.
- Avoid excessive sun exposure for 72 hours following filler.

2-14 Days After:

- Dermal fillers will likely be tender to the touch, swollen and bruised for several days post treatment.
- Depending on the area treated and the product used, you may feel a hardness or bumpiness under the skin at the injection site. This is completely normal. If there are any **VISIBLE** bumps, you may gently massage them starting at day 5.
- Your provider will check in with you at the 2 week mark to make sure you're satisfied with your results. If at that time you feel like you need additional filler, please contact our office to schedule an appointment as you may have some remaining filler from your visit that can be used.



Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com